Events & Announcements

Workplace Health and Wellness

BeWell Newsletter

Get Healthy: Participate in the Healthy BINGO Challenge!

The Healthy BINGO Challenge is a month long challenge that encourages you to incorporate healthy habits into your daily routine. The challenge habits encompass the seven dimensions of wellness including: environmental, physical, emotional, intellectual, spiritual, social, and occupational. As you complete each healthy habit, you fill in your BINGO card to earn rewards. It’s not too late to join! Bingo games will be held on February 21st, March 27th, and April 24th from 12 pm – 1 pm in HUB 355.

For more information, click here.

Wellness Exams: Have You Had Yours

Presented by Dr. Tahany Habashy, MD, Assistant Clinical Professor, UCR School of Medicine

Learn more about what’s included in a wellness exam, what’s important based on age and gender, how often we should have the wellness exams, and why are they important.

For more information, click here.

Color Your Health Nutrition Program

Color Your Health is a month long program to encourage you to consume more fruits and vegetables in an effort to promote overall health and well-being. Your goal is to aim for 5 servings of fruits and vegetables a day for 20 days. Color Your Health will provide you with materials and resources to:

- Achieve 5 servings of fruits and vegetables a day
- Discover new ways to eat more fruits & vegetables at every meal
- Learn how eating a variety of colorful fruits & vegetables can improve your health

For more information, click here.

Take Your StayWell Health Assessment to earn your $100 incentive!

UC will provide a $100 gift certificate to each eligible employee and retiree and a $50 gift certificate to eligible spouses/domestic partners who complete the Health Assessment and follow-up program. It is recommended that you take your health assessment as early as possible to allow enough time to earn your reward.

For more information click here.
**Staff Employment & Development**

**New E-Learning Course Available – Writing Clear, Compelling Job Postings**
This e-learning course is a must for those that have recruitment responsibilities!

To read a full description and enroll, login to the [UC Learning Center](#).

**New! Development Assessments Now Available**
In addition to offering instructor-led developmental programs, Staff Employment and Development offers various assessments to assist in personal and organizational development. Individuals can take these assessments for their own personal development, or departments can arrange to have all of their employees participate in assessments that will support team development.

For full descriptions of the assessments available, [click here](#).

**Communicating for Understanding, February 23, 2012**
Through theory and skills practice, this workshop introduces participants to the general process of communication along with its possible disruptions, and teaches a communication method designed to avoid those disruptions and enhance dialogue among members of diverse populations.

To read a full description and enroll, login to the [UC Learning Center](#).

**MEI: Reduce Liability and Decrease Risk, March 6, 2012 & March 7, 2012**
In this workshop experienced attorneys will help you to recognize, understand, and reduce legal risk while drawing on resources that will help you handle the firestorm.

To read a full description and enroll, login to the [UC Learning Center](#).

**MEI: Responding to Bias with the STAR Treatment, March 15, 2012**
This workshop provides a strategy for responding to bias in the workplace – Stop, Think, Act and Respect (STAR). Through discussion and role-play, participants will increase self-awareness of biases they may have and gain knowledge of how biases are formed.

To read a full description and enroll, login to the [UC Learning Center](#).

**Benefits**

**Social Security Workshops – February 29, 2012 and March 6, 2012**
This particular workshop will review the retirement, death, and survivor benefits offered through this government plan. Much of the information offered in this workshop will be relevant to all ages in planning for retirement, and is intended to make one aware of the need to start planning now for the future.

To read a full description and enroll, login to the [UC Learning Center](#).
Fidelity Investments Workshops - March 15, 2012

UC is sponsoring several financial and retirement education classes conducted by Fidelity Retirement Services to help employees learn about investing for retirement and the steps they can take to help ensure retirement readiness. The complete list of classes offered on March 15, 2012 is available on the At Your Service website for UC Riverside, Winter 2012 Financial Education Classes.

Retiring in the Next Three Years – March 21 and March 27, 2012

This workshop reviews key decisions every employee needs to make at retirement regarding alternate payment options, savings plan distributions, medical insurance and taxes. In addition, the retirement process will be described, including the steps to initiate the process.

To read a full description and enroll, login to the UC Learning Center.